# Newsletter – February 1<sup>st</sup>, 2019



Even though February is the shortest month of the year we have a lot going on!

February is National Heart Awareness Month, one of the first and easiest steps to heart health is to know your blood pressure numbers. The Batesville Community Center recommends that you be aware of five key numbers: Total Cholesterol, HDL (good) Cholesterol, Blood Pressure, Blood Sugar, and Body Mass Index (BMI). These numbers are important because they will allow you and your healthcare provider to determine your risk for developing cardiovascular disease including heart attack, stroke, and peripheral artery disease.

#### February 11<sup>th</sup>, Valentine's Day Craft Making!

Just Bring Your Imagination! This event is FREE for children of all ages. Children under 8 must be accompanied by an adult. All materials and examples will be provided. Please register at <u>www.batesvilleparks.com</u>. There will be FREE PIZZA for the first 50 kids so bring your appetite and come have some creative fun with other children in the community!

# **Mission Statement**

The Batesville Parks and Recreation Department is committed to improving our community by providing high quality recreational programs, facilities that promote tourism, beautiful parks and opportunities to engage in a healthy lifestyle.

# Aquatic's Calendar

Water Aerobics: Morning Classes are offered M-F at 10 a.m. & 11 a.m. Evening Classes are offered T-TH at 6 p.m.

**Swim lessons: Level 1** M-W or T-TH from 4:30 p.m. to 5:00 p.m. **Level 2** M-W or T-TH from 5:30 p.m. to 6:00 p.m. Sign up Today!

**Private Lessons**: Available all year round upon request!

**Youth Swim Team:** Morning Practice T-TH-F from 5:45 a.m. to 7:30 a.m. & Afternoon Practice M-F from 4 p.m. to 6 p.m. Join us TODAY!

**Masters Swim Program:** Practice M-W-F from 5:45 a.m. to 7:45 a.m. Join us TODAY!

## 2019 Batesville High School Meet February 2<sup>nd</sup>, 2019. @ 10:30 AM.

Batesville Community Center Indoor Triathlon Saturday, February 16th @ 8 AM. Sign up TODAY!



### February 16th, the Community Center Indoor Triathlon is back!

The triathlon will consist of a 250-yard swim, 6-mile bike, and 1 and ½ mile running portion. All legs will be timed for each participant or relay team. Waves of 10 will begin every 30 minutes starting at 8AM. Event check in and packet pick up is at 7AM. Registration is now open and all participants registered before February 4<sup>th</sup> will receive an event t-shirt.



### FUNNY JOKE OF THE MONTH

Why do we tell actors to "break a leg?" Because every play has a cast 🔞

# **Community Center Calendar**

**Soft Yoga:** Morning Classes are offered M-F 8:30 a.m. to 9:30 a.m.

**Line Dancing:** Morning Class is offered every TU 9:30 a.m. to 10:30 a.m.

**Pickleball:** Pick up play is offered M-F from 10 a.m. to 12 a.m. Then again from 6:30 p.m. to 8:30 p.m. on Tuesdays.

**Zumba:** Evening Classes are offered M, TU, & TH at 5:30 p.m.

Zumba **STRONG**: Evening Classes are offered TU & TH at 6:30 p.m.

JO Volleyball Tournament 2/9-2/10

Indoor Triathlon II 2/16

USSSA Basketball & Baseball Tournaments 2/23 – 2/24

### **Important Program Dates**

Youth Spring Soccer Registration ends (February 3<sup>rd</sup>).

Adult Basketball dates (February 4<sup>th</sup>, 11<sup>th</sup>. & 18<sup>th</sup>).

Youth Baseball, Softball, 5 & 6YO Coach Pitch, 4YO T-ball Registration begins (February 4<sup>th</sup>).

Indoor Triathlon II Shirt Registration Deadline (February 4<sup>th</sup>).

Youth Basketball dates (February 5<sup>th</sup>,7<sup>th</sup>, & 12<sup>th</sup>).

Are you following us on Instagram or Twitter? So many parks, programs, and facilities. Tag us and let us know what positive activities you're doing in our parks and facilities. Share your experience with us!



The four-week challenge is back but this time you have the option for three weeks! Participants will plan their workouts to equal the distance of an long distance Triathlon – a 2.4-mile swim, a 112-mile bike and a 26.2-mile run. You can sign up as an individual or as a relay team with two or three people. Participants will receive a t-shirt for entering and a medal upon completion of the program. Register at www.batesvilleparks.com by 2/28.

Youth Spring Soccer New Parent Orientation @ Community Center Meeting Room A & B (February 5<sup>th</sup> @ 5p.m.).

Youth Spring Soccer Evaluation Day, required for all participants in U10 and up (February  $7^{th} 3 - 5p.m.$ ).

Youth Spring Soccer Coaches Meeting @ Community Center (February 11<sup>th</sup> @ 5p.m.).

Adult Softball Registration Begins (February 11<sup>th</sup>).

Indoor Triathlon II Registration Deadline (February 15<sup>th</sup> @ 5p.m.).

Youth Spring Soccer Coaches Clinic (February 21<sup>st</sup> @ 5p.m.).

Adult Basketball Tournament (February 25<sup>th</sup> & 26<sup>th</sup>).

March Madness Iron Distance Wellness Challenge Registration Deadline (February 28<sup>th</sup>).

Learn more about our 2019 Ultimate Wellness Challenge. Save money and challenge yourself throughout 2019 to be the best you! Learn more here.

> Batesville Community Center 1420 20<sup>th</sup> St, Batesville, AR 72501 870-698-2427 parksaa@cityofbatesville.com www.batesvilleparks.com